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Tuesday, August 29, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

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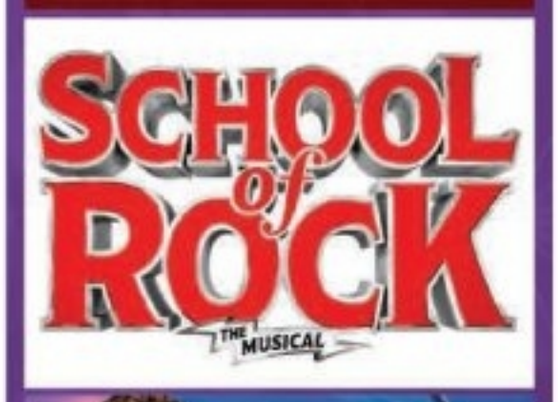

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KIMBERLY M. AQUILINA, WEB REPORTER

There have been some "bigly" changes in the Trump administration as people are fired or resign, which reminds us of the Saturday Night Massacre of 1973. (No, not the fictional Bowling Green Massacre, Kellyanne.) This massacre was the beginning of the end for then-President Nixon. Does the turnover in the current White House signal another staffing slaughter?

metro.us/president-trump

PRESIDENT TRUMP DEFENDS ARPAIO PARDON

President Donald Trump on Monday defended his controversial pardon of former Arizona Sheriff Joe Arpaio, who was convicted of criminal contempt in a racial profiling case that highlighted tensions over immigration policy in the United States. Trump, who has promised to build a wall along the U.S. border with Mexico, found a kindred spirit of sorts in Arpaio, whose tactics as a law enforcement agent in Arizona's Maricopa County drew condemnation from civil rights groups. Arpaio was convicted late last month of willfully violating a 2011 injunction barring his officers from stopping and detaining Latino motorists solely on suspicion that they were in the country illegally. "He's done a great job for the people of Arizona. He's very strong on borders, very strong on illegal immigration. He is loved in Arizona. I thought he was treated unbelievably unfairly," Trump said.

GERMAN NURSE SUSPECTED OF 84 MORE MURDERS

A German nurse jailed for murdering two patients is suspected of killing at least 84 other people, police said. The man, identified only as Niels H. under reporting rules, has "confessed in many of those cases," police said, but could not remember all the details of his actions. In past hearings, Niels H. admitted deliberately injecting patients at two clinics in northern Germany with deadly drugs and then trying to revive them in order to play the hero, German broadcaster NDR said. He was convicted of two charges of attempted murder and two counts of murder by an Oldenburg court in 2015. Police said that they had investigated additional deaths at hospitals in the northern German cities of Oldenburg and Delmenhorst after exhuming the remains of 134 people with links to Niels H.

NOT OVER YET

3 People walk down a flooded street as they evacuate their homes after the area was inundated with flooding from Hurricane Harvey on Monday in Houston, Texas. Harvey, which made landfall north of Corpus Christi late Friday evening, is expected to dump upward of 40 inches of rain in Texas over the next couple of days. GETTY IMAGES

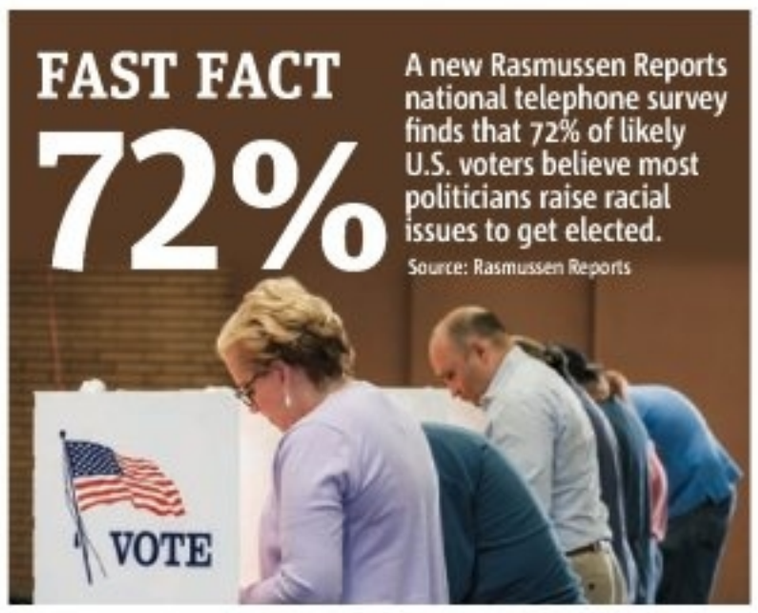
5 THINGS YOU NEED TO KNOW

EU WARNS TIME IS SHORT IN BREXIT TALKS

4 The European Union's chief negotiator Michel Barnier said he was concerned at the slow progress of Brexit talks, while his British counterpart David Davis called for "imagination and flexibility" to move on. British officials arrived in Brussels on Monday hoping to push the EU toward talks about their post-Brexit ties, which the bloc refuses to launch until there is agreement on London's exit bill and other "divorce" matters. "To be honest, I am concerned. Time passes quickly," Barnier said in short comments offered jointly by the two men to the media. "We must start negotiating seriously ... the sooner we remove the ambiguity, the sooner we will be in a position to discuss on the future relationship and a transitional period." The two sides hold a third round of Brexit talks from Monday to Thursday.

SHOWTIME HIT WITH LAWSUITS OVER FIGHT

5 Two U.S. boxing fans have filed lawsuits against cable TV provider Showtime over the quality of the livestream for the much-hyped weekend fight between Floyd Mayweather and Conor McGregor. Two separate lawsuits, filed in Oregon federal court by Portland resident Zack Bartel and by Victor Mallh in New York federal court, seek class-action status for what they allege were failures in Showtime's pay-per-view live stream of the match in Las Vegas. Bartel and Mallh said they had paid $99.95 to Showtime to watch the match. Bartel's unlawful trade practices lawsuit said that instead of being a "witness to history" as promotions for the fight had promised, all he saw was "grainy video, error screens, buffer events, and stalls."


FAST FACT
72%
A new Rasmussen Reports national telephone survey finds that 72% of likely U.S. voters believe most politicians raise racial issues to get elected.
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Fire Department Commissioner Adam Thiel shared this photo of Philadelphia Fire Fighters preparing to travel to Texas to support hurricane rescue efforts.
ADAM THIEL/TWITTER

Philadelphia firefighters join Harvey rescue efforts

Twenty firefighters from Philadelphia joined PA Task Force 1 to head to Houston to help recovery efforts.

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

Early Sunday morning, a select few of Philadelphia's first responders got a call to help those in need in the aftermath of Hurricane Harvey.

And, according to Captain William Dixon of the Philadelphia Fire Department, the 20 local firefighters called to help Pennsylvania Task Force One — a disaster response team made up of emergency responders and professionals from across the state — immediately began the 22-hour drive to Houston, Texas, after they were called to duty at about 2 a.m., early Sunday morning.

On Twitter, the fire department shared video of the team rolling out on Sunday.

"We had to take some of them off the street," said Dixon. "What happened was, some were even working that evening, so we had to back-fill those positions."

While he was unable to identify the 20 select firefighters, Dixon did say that they come from engine companies throughout the city and they are joining a 45-member task force. With a 22-hour drive from Pennsylvania to Houston, Texas, Dixon said, he believes the task force team arrived at some point early Monday, but he had yet to hear from the team after their arrival.

Dixon said he expects to get an update from the team at some point on Monday.

"They are going to be going to work immediately," he said.

Hurricane Harvey touched down in the Houston region over the weekend. According to The New York Times, as of Monday morning, at least five people have died and more than a dozen have been injured in the storm that has knocked out power and caused flooding throughout the area.

On Friday, Gov. Tom Wolf dispatched two members of the state's Task Force One, Randy Padfield, the Deputy Director for Response at the Pennsylvania Emergency Management Agency and Ken Pagurek, of the Philadelphia Fire Department and Team Leader of Pennsylvania Task Force One to the Houston area.

Padfield will serve as a division/group supervisor, while Pagurek will serve as a urban search and rescue specialist.

The rest of the team sent Sunday, Dixon said, includes team members with training in water rescues as well as specialists with training in working ion confined and collapsed spaces.

"They will be able to do absolutely anything they need to. … They are the jack of all trades," he said. "They certainly have the training and the discipline to get this done."

Dixon said the team could be dispatched to the region for two weeks but could return earlier if need be.

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HOUSTON POV

"I'm scared and heartbroken about the devastation that Harvey has brought to Houston. We are constantly in a state of fear that the situation is going to get worse. I've never seen anything like this! I've never lived through a hurricane before, so I don't think I understood that the high winds and such aren't the danger, but instead the massive flooding that continues to fill. Every part of my daily life is affected. We cannot leave our homes, unless it is for evacuation. The majority of the roads are flooded, so it isn't smart to use our cars. Our jobs are canceled for the week, so we just have to hope we still have power and need to stay inside."

Hannah Cutshall,
Spanish teacher at Spillane Middle School in Houston, Texas

Gender-neutral kids' clothing defies stereotypes

A Pennsylvania woman explains why she wanted to open a gender-neutral clothing store for children.

CASSIE HEPLER
@MetroPhilly
letters@metro.us

A new gender-neutral children's clothing shop is trying to defy stereotypes for boys and girls.

"I have a 3 1/2-year-old daughter who loves dinosaurs," said Amandine Liepmann, 34, the co-founder and creative director of Mitz Accessories. "She was the inspiration for the clothing line. I created our best-selling dinosaur dress after I was unable to find her a dress with dinosaurs on it in mainstream retailers. Whenever she wore the dress, we received a lot of comments, and it led to discussions with other parents about the lack of options in children's clothing. That's where the idea for Mitz Accessories was born."

Currently living in Ardmore, Pennsylvania, just outside of Philadelphia, Liepmann claimed there are more scientific studies of toys and environmental factors making a difference in children than specific studies on gender-neutral clothing.

"However, it's important to note that they're studying the same focus as to whether removing potentially limiting gender stereotypes from a child's environment has positive impacts on children," she said.

According to sciencedirect.com, evidence has shown that gender-neutral practices in toys and the environment for children change their perceptions as to the capabilities and potential of boys and girls. Conversely, what we see when gender stereotypes are present for children and enforced through movies, television, clothing, toys and books is that girls start to see themselves as less smart than their male counterparts by the age of 6 years old.

"An interesting by-product of gender-neutral clothing is how people speak with children. We've received countless feedback from parents about how children who wear our clothing receive comments that shift away from gender and more toward the innate preferences of the child. For example, instead of telling a girl she's pretty or cute, or a boy is tough and wild, even though those are well-intentioned comments, the comments tend to be more about the child's interests. For example, someone might roar or ask a girl if she likes dinosaurs or ask a boy if he likes the color purple," she said.

"I learned it's critically important to support and love people for who they are."
Amandine Liepmann

Sweden is the fourth most gender-equal country in the world and she is inspired by those forward-thinking countries. And it's not just girls who get the short end of the stick.

"Parents of boys reported a lack of colors – specifically the colors pink and purple. They also reported that certain animals such as cats, were regulated as a 'girls' animal. Interestingly, cats are predominantly featured on girl's clothes and dogs on boys. Parents of girls wanted more STEM [science, technology, engineering, math] representation. I wanted to make a high-quality product that could be passed down easily and could be worn by a boy or a girl. I also wanted the clothing to be comfortable and easy to run, jump and play all day," she said.

Born and raised in Michigan, she moved to the East Coast after teaching English at Eastern Michigan University to take a job with Jumpstart for Young Children, an early literacy nonprofit organization

"Growing up, I had a gender-fluid family member. I was given a unique perspective on gender and gender expression from an early age. I learned it's critically important to support and love people for who they are," she said.

A baby girl wears a dinosaur dress sold by a gender-neutral clothing company in Philadelphia. MITZ ACCESSORIES

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Philly woman, a Trump protester, reveals what it's like to be detained by Secret Service

Melissa Byrne was in a public space inside Trump Tower when she was cuffed and questioned by 10 officers.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

An anti-Trump protester, who was in a Starbucks coffee shop within the public space inside Trump Tower, says she was detained by the Secret Service and subjected to invasive questioning after unfurling a banner.

In a piece in the Washington Post, Philadelphia resident Melissa Byrne — who says she is a former Bernie Sanders and Hillary Clinton supporter and "like any good political operative, run[s] on coffee" — called her interrogation "bananas."

Byrne said that she had brought an anti-Trump banner inside the tower with her, and after sipping some java, hung it over a rail overlooking the Trump Tower atrium that was still within Starbucks. She was detained by NYPD officers.

"Since Starbucks is a public place and I was a paying guest, I knew I hadn't violated any laws. At worst, I could be banned from the building," she said. "I expected from past protest actions that I'd be given a warning and a request to leave. I clearly and politely explained to the NYPD officers who detained me that the protest was done and I was heading out."

Byrne was then cuffed and brought to a room off the atrium with 10 NYPD and Secret Service officers, where she could see Trump campaign materials were stored.

She listed a portion of her conversation and some of the questions she was asked:

NYPD: "Why would you come to the president's home to do this?"

Byrne: "It was wrong for the president to support white supremacy."

NYPD: "Don't you respect the president?"

Byrne: "I don't respect people who align with Nazis."

Secret Service: "Do you have negative feelings toward the president?"

Byrne: "Yes."

Secret Service: "Can you elaborate?"

Byrne: "He should be impeached and should not be president."

Byrne also says she was asked if she had been inside the White House (she had, as a tour guide) and whether she had mental health disorders or ever had suicidal thoughts. She was threatened with a felony and asked to sign a waiver so the Secret Service could obtain her medical records.

When Byrne asked for a lawyer, she was told she could be held longer and was then released with a ban from Trump Tower.

"It was clear right away that these officials wouldn't see me the way I see myself: as a reasonably responsible, skilled nonviolent political operative who works on a mix of electoral and issues campaign," she wrote. "To them, I was clearly a threat to national security. It felt like an interrogation on 'Homeland'."

But her experience with the Secret Service didn't end there.

Byrne said that the Secret Service canvassed her neighborhood in West Philadelphia a couple of days later, going so far as to question a woman she had never met. The woman later contacted her on Facebook to share the encounter with her, relaying that they had asked whether this woman knew Byrne and if she was a threat to the president. Apparently her neighborhood choice paid off. "Since I live in West Philly, she replied that the only threat lives in the White House and that the president is racist," Byrne wrote in her piece.

An anti-Trump protester recently revealed what her Secret Service interrogation was like. GETTY IMAGES

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WITH GROWTH AND PROSPERITY FOR ALL

The Roadmap for Growth Action Team has gone deep into Philadelphia's neighborhoods to have conversations on immigrant entrepreneurship.

In the 2014 movie "Lucy," Scarlett Johansen's character gets injected with a drug that enhances her mental capabilities to their full capacity, rendering her able to escape her captors, ignore physical discomforts and travel mentally through time. It is based on the premise that humans utilize only 10 percent of their brain capacity, leaving 90 percent untapped.

While the myth that humans only use 10 percent of their brain capabilities has long been debunked, it is interesting to think about other entities that might not be using 100 percent of their full potential — and what could happen if they did.

To that point, Philadelphia has a wealth of untapped human capital. Returning citizens, immigrants and the TANF (temporary assistance for needy families) community are populations that are largely underutilized in Philadelphia's businesses.

The Chamber's Roadmap for Growth Action Team, in its effort to promote economic growth and job creation in Philadelphia, encourages access for all populations, intent on proving that recruiting from nontraditional populations makes good business sense.

ROB WONDERLING
Analysis

Over the past year, the Roadmap for Growth Action Team has gone deep into Philadelphia's neighborhoods to have conversations on immigrant entrepreneurship as a driver of economic growth, scaling successful

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Philadelphia's untapped human capital could make a big impact on the local economy. ISTOCK

neighborhood development projects and the promise that STEM jobs, including those that do not require degrees, have to quickly lift people out of poverty.

On Oct. 31, Roadmap will host a half-day conference where business leaders will have the opportunity to learn how their peers are engaging nontraditional workers in order to strengthen both their business and their community.

At this conference, called With Growth & Prosperity for All, Philadelphia businesses can learn about best practices in how to hire, train and retain professionals from this talent pool, including discussions on engaging the untapped communities of the city. These discussions will feature leaders, including Emily Bittenbender of Bittenbender Construction, Patrick Clancy of Philadelphia Works and many more who are in the business of diversifying and expanding access to opportunity.

This event will work toward the goal of not only providing jobs for underserved populations but will also serve as an opportunity for the business community to operate at its full potential.

To learn more about the event, visit the Chamber's website.

If you want to get involved in the Roadmap for Growth Action Team, don't hesitate to contact me at rwonderling@chamberPHL.com.

It is our duty as citizens and leaders of this city to provide growth and prosperity for all.

Rob Wonderling is president and CEO of the Chamber of Commerce for Greater Philadelphia.

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Trump administration seeks to end ban on national park hunting

The current prohibitions include trapping and killing bear cubs in their dens.

MICHAEL MARTIN
@MetroPhilly
letters@metro.us

Backed by the NRA, the Trump administration is aiming to remove bans on hunting in national parks. GETTY IMAGES

Backed by the National Rifle Association (NRA), the Department of the Interior wants to eliminate regulations on hunting bears and wolves.

This year, Rep. Jeff Duncan, R-S.C., introduced the SHARE Act, which would make it easier to purchase gun silencers. It would also prevent the National Park Service from regulating hunting in natural preserves, such as the ability to trap and shoot bears and wolves in their dens, including cubs during hibernation season. The legislation's hearing was scheduled for June 14 but was postponed after Rep. Steve Scalise was shot.

For years, the NRA and hunting and fishing groups have urged Congress to pass a version of the legislation.

Acting National Park Service Director Michael Reynolds prepared a memo to the Department of the Interior on June 30 outlining the agency's objection to the bill. The memo was returned to him with objections crossed out and a directive not to share them with Congress, McClatchy reported.

Heather Swift, an Interior Department spokeswoman, refuted that. "At no point did the Department tell the NPS not to communicate with Congress. In fact, the document in question is not even addressed to Congress," she told McClatchy.

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Trump killed Obama's new flood-safety standards weeks before Harvey hit

Flood submerges a road after Hurricane Harvey hit Texas. GETTY IMAGES

President Donald Trump has been criticized for his tone-deaf comportment as Hurricane Harvey has laid waste to Houston, tweeting a plug for an ally's book, revisiting his election victory in Missouri and offering a cheerful "Thanks!" as the Category 4 storm made landfall. But his most significant contribution to the tragedy came weeks ago and may cost lives — when he rolled back Obama-era legislation designed to protect infrastructure from cataclysmic weather.

In 2015, the Obama administration established the Federal Flood Risk Management Standard, a set of regulations that were designed to provide "climate resilience," requiring infrastructure such as bridges and roads to be designed to withstand effects of climate change and ensuring they were built on safer ground. This month, Trump killed the yet-to-be-implemented plan, claiming they would delay infrastructure construction projects.

Speaking at Trump Tower during his self-declared "Infrastructure Week," Trump said he would "slash the time it takes" to approve new projects. "We're going to get infrastructure built quickly, inexpensively, relatively speaking, and the permitting process will go very, very quickly."

That announcement was overshadowed when the news conference descended into an infamous back-and-forth with reporters in which Trump defended the white supremacists behind the fatal events in Charlottesville.

Trump's actions have drawn criticism from emergency-management specialists and environmental activists.

"Eliminating this requirement is self-defeating; we can either build smarter now, or put taxpayers on the hook to pay exponentially more when it floods. And it will," said Rafael Lemaitre, the former director of public affairs at FEMA, who added that Trump was rolling back "the most significant action taken in a generation" to protect infrastructure. MICHAEL MARTIN

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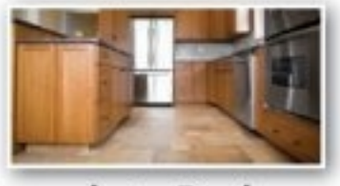

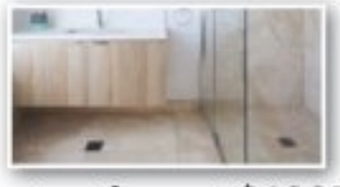

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Russell Brand has a new wife

Brand's got a brand new victim — I mean — lady.
ALL PHOTOS GETTY IMAGES

Russell Brand — former husband of the personification of a stale rainbow swirl lollipop known professionally as Katy Perry — has a new wife that isn't Katy Perry. Jolly good, I guess.

Brand married fellow British person Laura Gallacher over the weekend in a ceremony so small and so intimate that various outlets waited until Monday morning to run any stories on it. The reception was Indian-themed, which was nice. Attendees included family and friends and the couple's 9-month-old daughter Mabel, which all still...er, sounds lovely.

The Not That Funny Dude confirmed the news on Sunday on his Radio X podcast, saying, "I'm living a married life now… I'm domestic." Uh-huh. Brand and Gallacher, a lifestyle blogger, rekindled their romance in 2015. Before then, they had been dating off and on since 2007.

Anyway congratulations. Not that anybody asked her, but I'm pretty sure Perry is just fine with this.

Kathy Griffin & Anderson Cooper are no more

Kathy Griffin would like you to know that she no longer considers Anderson Cooper a friend. It's a hot take!

As you may recall, Griffin came under fire about three months ago for posing with a replica of President Donald Trumo's bloodied, decapitated head. It was… not that big of a deal, but some of y'all felt like it deserved an unprecedented amount of attention.

Now, the comedian is opening up to New York Magazine's The Cut and baby, she's fed up. And that's because Cooper apparently went around town telling everyone he was still friends with Griffin — without having spoken to her, ever.

Cooper first condemned Griffin's behavior on Twitter. Then in July, he told Andy Cohen they were still friends. "I didn't think what she said was appropriate, but I wish her the best and I hope she bounces back. She's incredibly funny and a lot of people love her." OK, Coop — may I call you Coop? — that's cute but you could have called.

Anyway, it's fine. They're both rich enough to buy new friends anyway.

These two are no more. No more, I say

the word

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North West doesn't care for Saint West

Kim Kardashian is filling in for Kelly Ripa on Live with Kelly and Ryan — for what reasons, I do not care to know. But Kardashian is using the opportunity to let you know that North and Saint are not in fact friends.

Mostly, it looks like 4-year-old North and 18-month-old Saint have an early sibling rivalry going. "I don't know if it's because she's the older sister, I don't know what it is," Kardashian said. "I thought it was a phase [but] she does not like her brother. It's so hard for me!" Yeah well, I'd be mad if someone as adorable as me came and tried to steal my spotlight too. So I feel for you, North.

If there are in fact teams, know this: Saint is extremely adorable, but I'm with Team North on this one.

Got a regular sibling rivalry going.

Caitlyn Jenner called out by trans activist

On the day after Trump banned trans people from serving in the military, trans activist Ashlee Marie Preston called B.S. on Caitlyn Jenner for being a supporter of 45.

"It's really f—ed up that you continue to support somebody... that does everything with the military, that's erasing our f—g community," Preston told Jenner at a Trans Chorus event in L.A.

Jenner did vote for Trump, but has since expressed criticism of some of his policies. In July, when Trump first announced his plan to ban transgender people from the military, Jenner tweeted, "There are 15,000 patriotic transgender Americans in the US military fighting for all of us. What happened to your promise to fight for them?"

Too little, too late.

For Preston, it's too little too late. "As long as we continue to be the ones that are most impacted by the choices that you make, it is not OK," she continued.

When Jenner attempted to defend herself, saying "You don't know me," Preston fired back, "Yes, I do. You're a f— fraud and a fake."

On Twitter, Preston further defended her stance: "Desperate times call for #desperate measures. A #loud, #angry#black#trans#woman" is more affective than a #dead one."

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Jon and Dany's lackluster

"Game of Thrones" can do better — and has many times before.

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The moment we were all waiting for was pretty meh.
HBO

"Game of Thrones" had a lot of nerve teasing Jon and Daenerys' so-called attraction to each other — then following it up with what has got to be the most uninspiring and vapid sex scene in the entire series.

In its early seasons, "Thrones" was known for its...uh, somewhat over the top depictions of sexual relations. Besides the often casual portrayal of rape, the show often featured what would be coined as "sexposition" — meaning, the series would take scenes heavy with exposition and pad them with some extra oomph by making sure someone was getting it on in the background. As the show has matured, David Benioff and D.B. Weiss have thankfully gotten a bit wiser about the way they depict sex on screen. But with the scene between Jon and Daenerys, it seems like they've given up on sex being sexy ever again in the "Thrones" world.

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sex scene was the worst

It's possible to both be responsible about the kind of sex you show in the series and for your characters to have hot, sexy and fulfilling sex lives. And both Jon — I mean, Aegon — and Daenerys had whole seasons dedicated to them finding their sexual footing. In the first season, Daenerys went from being a victim to being a woman with heaps of sexual agency in her marriage with Khal Drogo; and she learned a lot from her handmaids along the way. Jon, never forget, had his own heavy dose of sexual healing from a certain fiery wildling in the third season. At this point, these two adults know what they're doing.

And yet, the finale of the seventh season just gave us a scene of Jon artfully lying on top of Daenerys, a literal undead wet blanket. There's no semblance of passion, nor desire. And it's frustrating! Here's a moment "Thrones" has been teasing all season long, and it falls absolutely flat. We're supposed to believe that Jon and Dany's attraction to each other is so overwhelming and sparkly and inevitable, but they don't seem very into having sex with each other.

There's Dany, now nothing more than a pillow princess — even though her sexual relations with Drogo and Daario have proven otherwise. And there's Jon on top of her, listlessly humping away. I didn't spend countless hours watching and rewatching episodes of "Game of Thrones" to suffer through this. And sure, they're related — but seeing as we saw twins Cersei and Jaime getting it on very vigorously in the pilot of the series, I'd say we deserve a bit more, I don't know, chemistry between these two Targaryens.

Gotta give it up to Jon, though. He's really grown into a hot piece this season. For a dead guy, he looks fantastic.

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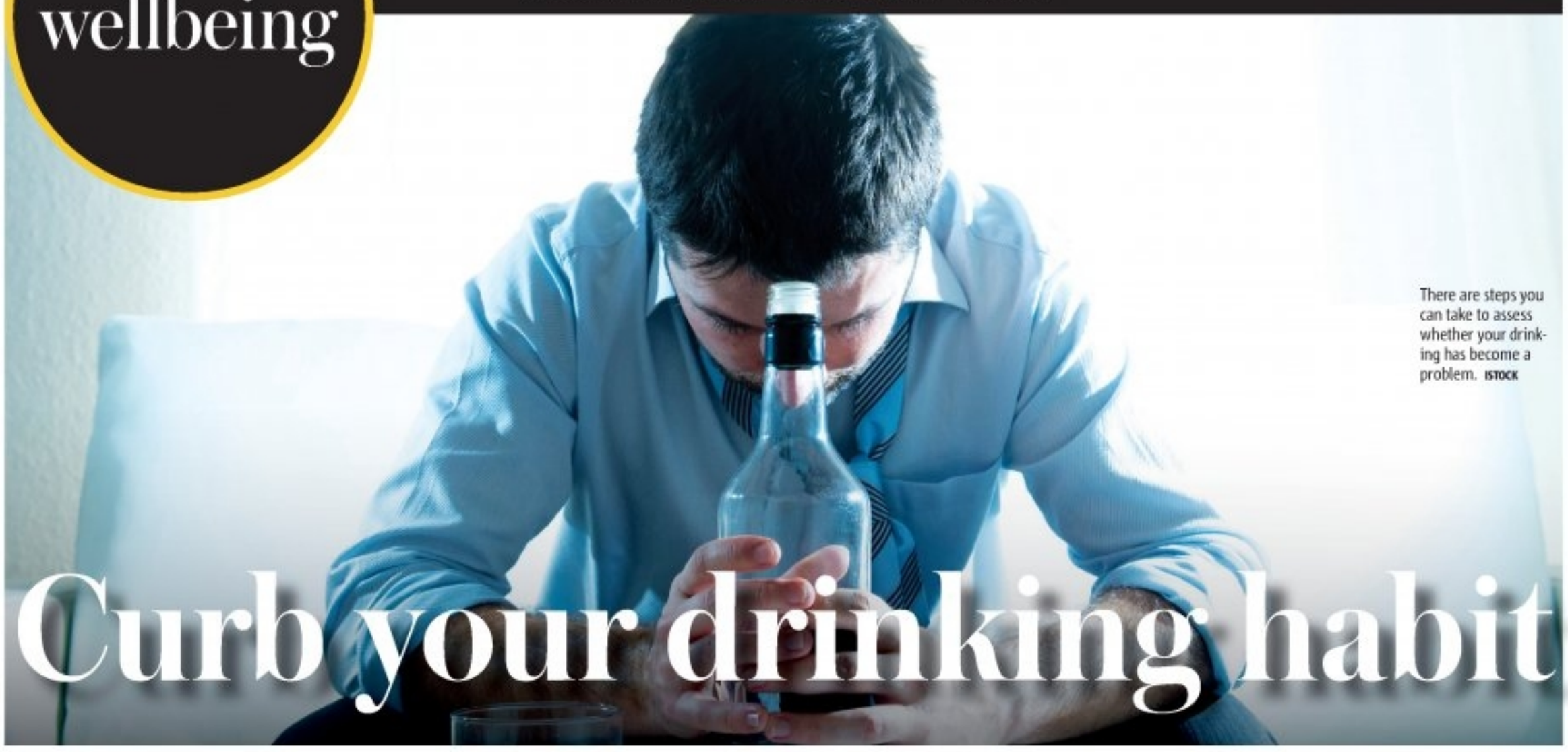


There are steps you can take to assess whether your drinking has become a problem. ISTOCK

Curb your drinking habit

Alcohol abuse in America is now considered a public health crisis. How do you know if it's a problem for you?

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

We drink so much in this country that according to a new study, alcohol abuse now constitutes a "public health crisis."

The study, published this month in JAMA Psychiatry, compares the drinking habits of more than 40,000 adults, based on interviews conducted in 2001-2002 and again in 2012-2013. A decade later, the authors found that 'alcohol use' had increased by 11 percent, 'alcohol use disorder' by 49 percent, and 'high-risk drinking' by 29.9 percent.

So how do you know if drinking has become a problem for you? We spoke with Dr. Jeremy Frank, PhD, a Philadelphia-based psychologist and certified alcohol and drug counselor, about warning signs, getting help, and his advice for conquering long-term sobriety.

How much is too much?

First, the numbers: Quantity-wise, the National Institute on Alcohol Abuse and Alcoholism defines binge drinking as around four drinks for women, five drinks for men, which usually results in a blood alcohol count of .08 g/dl. Heavy alcohol use is defined as binge drinking on five or more days a month, while low-risk drinking for women is defined as no more than three drinks in any day, no more than seven in a week; for men, no more than four in a day, or 14 in a week.

Warning signs

Beyond the actual count, there are additional indicators that you might be drinking too much. "When drinking affects our relationships with friends, partners or family, our career occupation or school, it can be an indication of a problem," explains Frank. "Or, when it causes another psychiatric or psychological problem such as anxiety, depression, stress, angry outbursts or legal problems like a DUI.

"In general, and very simply, alcoholism can be defined by drinking despite very serious consequences," he says. And be wary if you find yourself spending too much time drinking or recovering from drinking, especially if you're covering it up or lying about it.

If you find yourself constantly thinking about your drinking, that's another red flag. "Social drinkers do not sit around questioning whether or not they have a drinking problem," he points out.

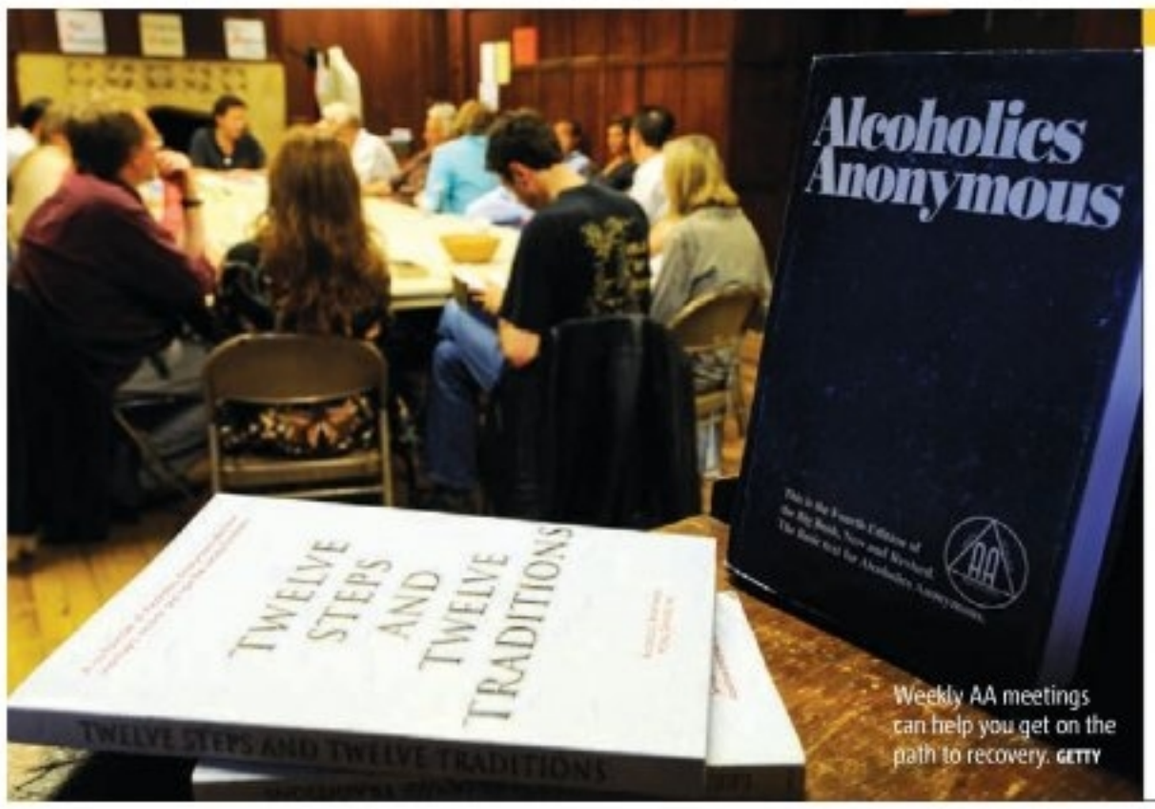
Getting help

First, try cutting down, Frank advises. See if you can go two weeks or even a month without drinking to "regain control" — although, he warns, if you are physiologically dependent, going cold turkey could cause dangerous withdrawal symptoms, including seizures and heart attack.

In some cases, after removing alcohol for a period of time, there are ways to moderately reintroduce it, following the NIAAA guidelines for "low-risk drinking." Make sure you have an addiction psychologist or substance abuse counselor to advise you through the next steps. He also recommends taking medications that reduce cravings, such as Vivitrol or Naltrexone and attending Alcoholics Anonymous meetings. If you find you need more help, talk to your counselor about trying outpatient treatment, and if that doesn't work, it might be time to consider becoming an inpatient.

His advice for tackling sobriety, long-term? Add meaning and purpose to your life. "You have to say no [to drinking] but then you have to listen to what's missing," he says. "Are you bored, lonely, stressed or anxious? Now you get to learn about yourself more and figure out what you need. Once you say no, it is really so much more about what you say 'yes' to."

Visit the niaaa.nih.gov for more information, resources and support.



Weekly AA meetings can help you get on the path to recovery. GETTY

The CAGE questionnaire

A good way to assess your drinking is by asking yourself these four questions, known as CAGE, commonly used as a substance abuse screening tool. Answering yes to two or more of the below indicates that alcohol could be an issue for you.

- Have you ever felt you should Cut down on your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you ever felt bad or Guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?

TODAY'S METRO SECTION SPONSORED BY
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Do you drink too much?

WRITTEN BY
Dr. Deni Carise

Deciding whether or not you have a drinking problem isn't often a yes or no answer. In reality, substance use, abuse and recovery are complicated, soul-searching experiences that are rarely easy. The truth is that when you are drinking too much, it's difficult to trust your own perspective. All too often, we dismiss or downplay our destructive behaviors by convincing ourselves that our drinking is normal even if others feel it is excessive. ("I can handle my liquor; it's no big deal.") The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.

The first, and often most difficult, step is seeing a drinking problem for what it is - a problem. At Recovery Centers of America, we suggest two quick, and highly effective, methods to help bring alcoholism into focus. Are they equivalent to a professional assessment? No, but they do represent a great starting point for those who are questioning their drinking habits. Your scores can help determine whether you'd benefit from a formal assessment or potential treatment.

The first one is the **CAGE**, which is built around four important questions. Those who answer "yes" to at least two may want to take a closer look at their drinking.

C – Cut down: Have you ever felt you should cut down on your drinking?

A – Annoyance: Have people annoyed you by criticizing your drinking?

G – Guilt: Have you ever felt bad or guilty about your drinking?

E – Eye opener: Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

The CAGE quiz goes hand in hand with the **T-ACE** questionnaire, which uses a point system to highlight potentially dangerous drinking habits. If you answer "yes" to A, C or E, give yourself one point each; a "yes" for question T equates to two points. A minimum score of two may be a warning sign of alcoholism.

T – Tolerance: Does it take more than two drinks for you to feel intoxicated?

A – Annoyance: Have people annoyed you by criticizing your drinking?

C – Cut down: Have you felt you ought to cut down on your drinking?

E – Eye opener: Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

Again, treat these questionnaires, although found valid and reliable in scientific studies, area starting point, not a diagnosis. If they've indicated an unbiased sign of excessive drinking, the next step is seeking a professional assessment. Recovery Centers of America is dedicated to treating the whole person, not just alcohol use. In other words, we're interested in healing the reasons why alcohol became a problem in the first place.

We offer both inpatient and outpatient programs to deliver a personalized plan that's unique to each and every person; there simply isn't a one-size-fits-all approach to treatment or recovery. This is precisely why we tailor individual treatment plans to meet the needs of each patient. We also dig deep into why drinking has become a go-to behavior. Instead of simply treating the symptoms, we prioritize doing the inner work to address the root cause of the drinking. Recovery Centers of America also offers family services, 12-step meetings, relapse prevention and intervention plans, wellness programs, educational seminars and more.

Let the CAGE and T-ACE questionnaires be a jumping-off point to a healthy next chapter in your life. Begin your recovery journey

by visiting www.recoverycentersofamerica.com or calling 1-800-RECOVERY NOW.

Deni Carise, PhD is a Clinical Psychologist and Chief Clinical Officer at Recovery Centers of America. She's also an Adjunct Clinical Professor at the University of Pennsylvania's Department of Psychiatry. She has published numerous peer-reviewed and professional journals and has presented over 150 lectures.

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WHAT ARE THE BEST NICKNAMES IN PHILLY SPORTS HISTORY?

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

The current Phillies have a little work to do when it comes to having Philadelphia-worthy nicknames. GETTY IMAGES

Our town has a great history of nicknames. The Dipper. The Hammer. The Minister of Defense. The Polish Rifle. Tojo.

Wait, you never heard of "Tojo?" Why, that's the self-titled alias of Phillies flailing first baseman Tommy Joseph. Don't confuse it with "Toco," (Spanish for "I play"), the moniker shortstop Freddy Galvis wore on his back this past weekend.

Major League Baseball just hosted Players Weekend, the highlight of which was dressing players in bright colored soccer tops and letting them choose their own nicknames.

What a horrible idea. First off, nicknames are not something you pick for yourself. They are bestowed on you. Second, this is MLB aiming to connect with a younger audience by being hip. Baseball is many good things — hip is not among them. This was grandpa trying to impress the kids by spinning his cap around backwards.

So Cesita (Cesar Hernandez), Compa F (Maikel Franco) and Nicky Dubs (Nick Williams) took the field. To dredge up the cliché, you truly couldn't tell the players without a program. My favorite was Aaron Nola, who put "NOLA" on his back, apparently a conscientious objector to the nonsense.

The saddest part was how poorly the players picked their own handles. Not to abuse Jerad Eickhoff, but the best you could come up with is "Eick"?

Clearly, this town deserves better. And we've had better.

Concrete Charlie. Dr. J. Chocolate Thunder. Lefty. Crash. Kangaroo Kid. The Boston Strangler. The Voice of God. Gang Green. The Legion of Doom.

Philadelphia fans grew up with those guys. They earned those evocative titles through greatness. Of course, not all were meant as compliments.

Wild Thing. Skates. The Rat. Dirty Waters. The Fog. Bottom Line Braman. Toast. Fat Joe. And, alas, the Dream Team, which didn't start out being sarcastic.

Some guys got nicknames who didn't deserve them. Nick Foles, briefly, was Nicky Six. Michael Martinez, the most inept player I've seen in a Phils uniform, was Mini-Mart. And I'm sure Freddie Mitchell still refers to himself as Fred-X.

Others never got the worthy title they deserved. E-Train for Eric Lindros? Never caught on. Calling Donovan McNabb by his uniform number — 5 — felt lazy. Same thing with just G for Claude Giroux. On the other hand, Bernie and Clarkie really never needed more than that.

Whitey. The Round Mound of Rebound. Nails. The Answer. Charlie Hustle. Shady. Some guys came to town with a built-in alias — although I don't know a single Philadelphian who referred to Charles Barkley by his rotund handle.

I could go on all day. The Phillies once had a pitcher named Frank Mulcahy, career record of 45-89, who picked up the tag "Losing Pitcher" because those words always appeared next to his name in the box score.

But let's limit it to the past 30 years or so. Staying within the memory of most fans, here are my favorites:

Dutch

Darren Daulton got the nickname as a kid because his initials matched the jump rope game of Double Dutch. RIP, Dutch.

Frank the animal

The Flyers farmhand played just four NHL games, but he's on this list because he averaged 325 penalty minutes per 80 games in the minors. As a lifelong fan of wrestler George Steele, I admire anyone using this sobriquet.

Weapon X

Brian Dawkins was a huge Marvel Comics aficionado, stuffing his Eagles locker with action figures. Before games he fired himself up by morphing into the comic book warrior. It was an amazing sight to see.

Doc

Roy Halladay got it in reference to the Wild West gunslinger. Of course, Julius Erving owned it before Halladay, from his high school days when friends marveled at how surgically brilliant the kid "operated" on the hardwood. For Dr. J, it was a nickname within a nickname. How many guys can be identified by one syllable?

Axe Man

An apt name for hard-hitting linebacker Jeremiah Trotter. And a tribute to his dad, who taught him to chop wood to earn cash as a child in Hooks, Texas. Trotter punctuated every hard tackle with that great axe-swinging gesture.

The Executioner

Every boxer worth his belt requires a decent ring name. Philadelphia boasted Smokin' Joe, Willie the Worm and Stanley the Kitten. But the one that best threw fear into opponents belongs to Bernard Hopkins.

The Process

Joel Embiid embraces in tribute to the dream of Sam Hinkie, the GM who drafted him. This one, of course, has the chance to go either way. A Sixers title and it's an all-time great nickname. Injury or failure and it's a sorry reminder.

Chooch

Carlos Ruiz's endearing appellation is actually shortened from a Spanish obscenity, which our favorite catcher muttered under his breath often enough that teammates assigned it to him. Whatever, it become a term of love. Chooch is my favorite from a championship team (our last, of course) that boasted many: Big Piece, Flyin' Hawaiian, Hollywood. Lights Out. J Roll (ugh), Pat the Bat (double ugh).

I'm sure I didn't include every nickname, and perhaps I missed your favorite. I would bet, however, that it does not include Tojo, Toco or any other lame attempt worn by a Phillie over the weekend.

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Playoff hopes fading quickly for Philly Union

If the Union don't pull off a miracle in the coming weeks, their 2017 season will end prematurely.

JEFF MCMENAMIN
@Jeff_McMenamin
sports@metro.us

It will take a remarkable push for the playoffs to save the 2017 season GETTY IMAGES

The man that led them to a fast start this season in goaltender Andre Blake, hasn't been able to right the ship in his return from injury last week. The Union were shutout by Toronto FC, 3-0, on Wednesday before giving up a late goal against Atlanta United FC on Saturday to end things in a 2-2 tie.

With 31 points, the Union sit five points away from the sixth and final playoff spot in the Eastern Conference with just seven matches left to play.

"It feels like crap," Union midfielder Alejandro Bedoya said following Saturday's tie. "It's so frustrating honestly. Sometimes you just need a little bit of luck I guess … right now we're not getting any breaks really. That's twice now where in the last minute [a team has] tied the game on us, which could have been six crucial points, but instead it's only two."

Since Blake injured his hand in the Gold Cup final on July 26, the Union have gone just 1-3-2. Five points in six matches isn't going to cut it for a team fighting to make the playoffs.

"I'm devastated for the guys in the locker room," coach Jim Curtin said. "It's not about the playoff race or results that went our way or different things like that, it's about a group of guys and in this case 10 guys that finished the game that deserved to close it out and win."

The Union played with 10 men for over 40 minutes after defender Josh Yaro was shown a red card in the 52nd minute. In stoppage time, Tyrone Mears of United FC headed a ball at the top of the box past Andre Blake who had left his place in net to block a cross.

As a franchise, the Union have never gone to the playoffs in consecutive seasons. They'll need a lot of help to buck the trend in the final stretch of the season.

Next up for the Union is a road game against Minnesota United FC (7-14-4) on Saturday at 8 p.m. The match will air on the Comcast Network.

Now with 50 dingers, slugger Stanton eyeing home run history

Given its rich history as the American Pastime, it's commonplace to see baseball romanticized as something of a Greek tragedy.

The ebbs and flows of a season provide palpable drama while the heroes of the game are revered as gods among men.

For the first time since the earlier parts of this millennium, we are measuring one of today's behemoths with a pair of Yankees legends who are, for many, still atop baseball's single-season home run list.

Marlins slugger Giancarlo Stanton belted his 50th home run of the 2017 season on Sunday in just his 127th game of the season and the 129th of his team's campaign.

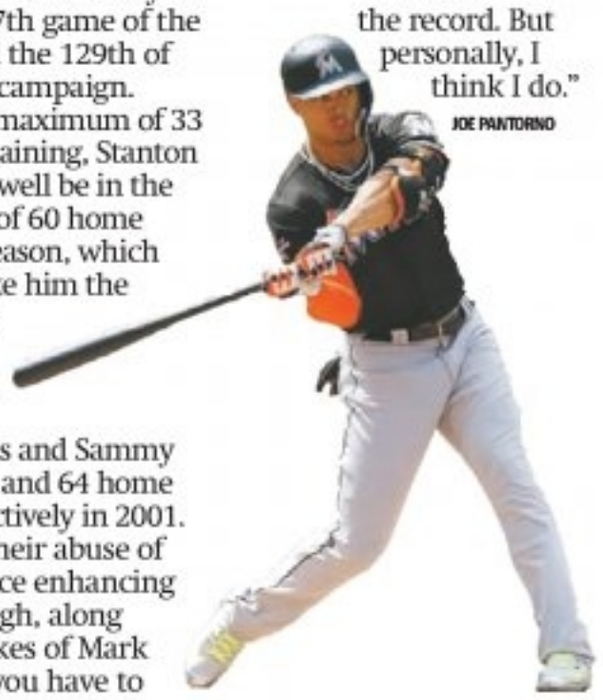
With a maximum of 33 games remaining, Stanton could very well be in the discussion of 60 home runs this season, which would make him the first player to reach that mark since Barry Bonds and Sammy Sosa hit 73 and 64 home runs respectively in 2001.

Given their abuse of performance enhancing drugs though, along with the likes of Mark McGwire, you have to go to Roger Maris in 1961, who recorded 61 round trippers in 161 games, to find a clean home run king. He broke the mark set by fellow Yankee and mythic being Babe Ruth, who had 60 in 151 games during the 1927 season.

For Stanton, those two Yankees are the gold standard of power hitting, as he told MLB.com:

"When you grow up watching all the old films of Babe Ruth and [Maris] and those guys, 61 has always been that printed number … Considering some things, I do [believe Bonds' record of 73 home runs is tainted]. But at the same time, it doesn't matter. The record is the record. But personally, I think I do."

JOE PANTORNO



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- Must be able to adhere to our professional dress code policy if accepted to participate, which consists of black dress slacks or skirt, white dress shirt/blouse, black or dark color tie and blazer, black non-slip shoes (uniform starts the day of orientation)
- Must provide OIC with **three written references** at orientation (non-family members)
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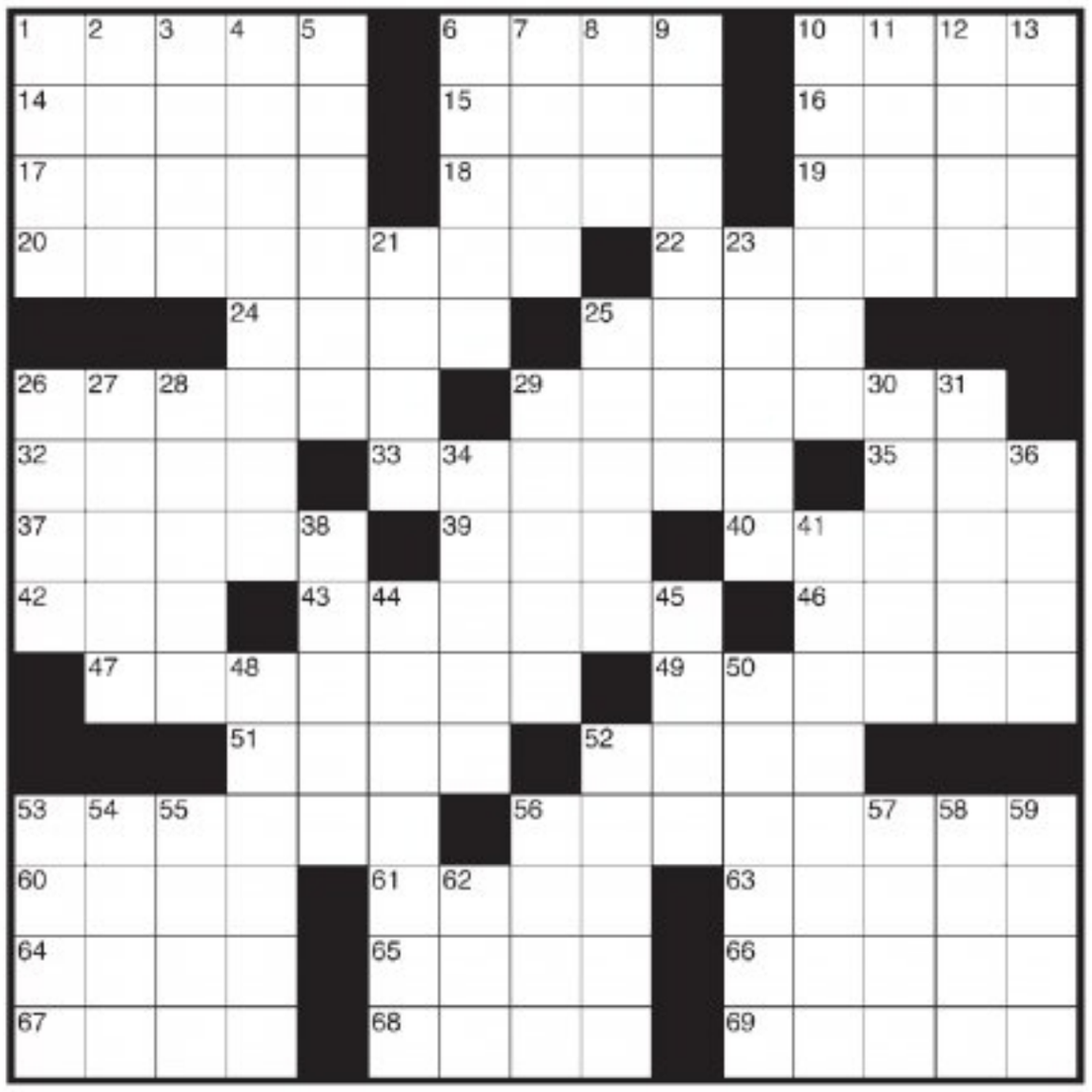
metro.us/crossword

Across
1 Bachelor's last stop
6 Walk off with
10 Lean
14 Watered silk
15 Operatic prince
16 Make over
17 Fabric rolls
18 Swain
19 Romantic deity
20 Acquired the film rights to
22 In a dull fashion
24 Narrow board
25 Got a move on
26 Said in fun
29 Loathes
32 Love, to Pablo
33 Stayed
35 Woosnam of golf
37 Upholstery choice
39 MIT grad
40 Edge past
42 Dixie st.
43 Sees it the same way
46 Volcano's output
47 Blackboard needs
49 Harder to believe
51 Olin or Horne
52 Leslie Caron film
53 Professor's goal
56 Set up
60 Mushroom part
61 Drift here and yon
63 March composer
64 In a while
65 No future -- --
66 Shankar's strings
67 Hindu princess
68 Pedro's house
69 Debate topic

Down
1 Lectern
2 Air show maneuver
3 Go against Galahad
4 Style
5 Fix a boot
6 Nepal neighbor
7 Like some cheeses
8 RV haven
9 Learned
10 Stair parts
11 Medicinal plant
12 Graven image
13 Inquisitive
21 Goose egg
23 Cattails
25 Be evasive
26 Website language
27 Novelist -- Zola
28 Treasure hunter's aid
29 Eats
30 Type of pool
31 Healing ointment
34 Catcher under Stengel
36 Close by
38 Type of computer printer
41 Where Peoria is
44 Brand X
45 Follow the recipe
48 Graduates
50 Andre of tennis
52 Ms. Garbo
53 Bygone tyrant
54 Sight from Messina
55 Inert gas
56 Hertz competitor
57 Slangy courage
58 Rebekah's son
59 Meet defiantly
62 Off -- -- tangent



metro.us/sudoku

easy

	3		1					
7	9	2				4		
	5			8	7	6		2
					8			
4	1		2		6		5	3
			5					
5		9	3	2			6	
		6				2	8	9
					9		4	

hard

			7	9		3		6
3	7		6		4	2		
				3				7
		8	5				9	
	2						8	
	6				9	4		
1				5				
		5	4		6		3	1
4		6		7	1			

metro.us/horoscopes

Aries Share your plans and engage in events that will put you in a good position to advance. An energetic approach to life and love will encourage positive change.

Taurus Don't count on anyone but yourself. Disappointment will lead to an argument. Learn from experience and keep the doors of communication open.

Gemini You'll be fed information that contradicts your beliefs. Keep your distance from anyone using emotional tactics to get you to agree. Deception will lead to disappointment.

Cancer Business talks or arrangements will not be straight or easy to follow. Don't let confusion set in. If something doesn't feel right, ask questions and make amendments.

Leo Your involvement in functions that give you the opportunity to share what you have to offer will lead to an appointment you won't want to miss.

Virgo The changes you want to make may not be feasible. Don't make an impulsive decision that will be hard on your bank account. Say no to emotional spending.

Libra Don't mix money and emotions. If you feel the need to spend cash, make sure you are investing in something that will help you get ahead. Talks will encourage results.

Scorpio Be passionate about what you do, but don't miss out because you are too stubborn to admit you made a mistake. Aim to fix whatever isn't working properly.

Sagittarius The truth will be difficult to digest. Listen carefully and only offer what you know to be factual. Keeping talks mellow will encourage positive results.

Capricorn Hidden matters are best kept that way, especially if it concerns a financial, legal or health matter. A partnership will offer you relief and bring you good fortune.

Aquarius Look at all your options and go over your financial situation. Investing in something you enjoy doing will lead to a prosperous new venture.

Pisces Keep an open mind, but don't be gullible. Question anyone offering something that appears unrealistic or promotes an ulterior motive. EUGENIA LAST

Yesterday's answers

S	L	O	T	■	C	O	W	E	D	■	U	R	D	U
N	A	P	A	■	O	L	I	V	E	■	G	A	I	L
O	M	E	N	■	O	L	S	E	N	■	L	I	E	N
B	A	C	K	F	L	I	P	■	■	P	I	N	T	A
■	■	T	R	E	E	■	V	O	C	E	■	■	■	■
A	L	L	O	Y	S	■	S	O	F	T	S	P	O	T
D	E	E	P	■	T	R	A	I	T	■	T	E	R	A
L	A	G	■	■	E	L	L	■	■	■	R	A	P	■
I	S	A	K	■	F	A	T	E	S	■	S	I	T	E
B	E	L	L	H	O	P	S	■	C	O	I	L	E	D
■	■	■	E	A	R	S	■	K	O	A	N	■	■	■
E	G	R	E	T	■	■	C	H	U	R	C	H	E	S
T	O	O	N	■	S	O	L	A	R	■	E	A	S	T
T	A	L	E	■	A	W	A	K	E	■	R	I	T	A
A	L	E	X	■	T	E	P	I	D	■	E	L	A	N

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